

THE PRACTICE OF THE FIVE WARRIOR SYLLABLES



OVERVIEW

Each of the five warrior syllables supports you in a particular way. Through *A*, you clear obscurations and connect with the openness of being. *OM* supports the awareness that discovers this openness and brings a feeling of aliveness, infinite possibility, and a sense of completeness—nothing is missing in this moment. With *HUNG*, you connect with a particular enlightened quality that you need in your life—such as love, compassion, joy, or equanimity—a quality that naturally arises from the warmth or union of openness and awareness. *RAM* stabilizes and ripens that positive quality and supports you to bring it into your life and relationships. With *DZA* you spontaneously and effortlessly express positive qualities from the inner refuge. Your actions benefit others and do not disconnect you from the source of being.

INSTRUCTIONS FOR PRACTICE

Assume the Five-Point Meditation Posture

When seated on a cushion on the floor: Sit cross-legged, with your spine upright and aligned, and your hands in the position of equipoise. [Rest your hands in your lap with your palms facing up. Place each thumb at the base of the ring finger of the same hand. While keeping the fingers together, rest the left fingers upon the right fingers.] Maintain a space between your elbows and your body as you lift and open your chest, bringing your chin in slightly to allow the back of your neck to lengthen. Lower your eyes and look down along the line of your nose.

When seated in a chair: Either place your feet flat on the floor or cross your legs comfortably at the ankles. Keep your spine upright, free of the support of

THE PRACTICE OF THE FIVE WARRIOR SYLLABLES

the back of the chair. All else is as described above for when seated on the floor.

Release and rest, supported by the three doors

Draw your attention inward and bring clear attention to the stillness of your body. Allow the stillness to support you as you release any sense of tension or effort. Rest, aware of stillness throughout your body. If you become disconnected and your attention wanders, simply bring it back and reconnect with the stillness. Now bring awareness to the silence within the external sounds and any internal voices or self-talk. Notice and release any effort or tension connected to this inner chatter and rest, aware of and supported by the silence. Now become aware of the spaciousness within and around you, particularly within and around your heart. As the sky allows the movements of wind and clouds, allow the movements of your thoughts while you are aware of the spaciousness of the mind itself. Allow sufficient time to continue to release effort and to rest in open awareness.

Reflection: What needs healing in your life?

Reflect upon a concern or challenge you are experiencing in your life. Whatever comes to mind, welcome it. Without analysis or judgment, simply be with your experience. Feel it in your body; experience any emotion that is present; notice any changes in your breathing. Observe how your challenge occupies your mind. Know that this experience is your personal doorway through which great healing and transformation is possible. Experiencing this challenge openly and directly without judgment or analysis begins your path to healing. In the practice that follows, you will bring this experience to each of the chakra locations as you sing the warrior syllable at that chakra. Allow the sound to support you to release and to guide you to the openness of being.

A

Draw your attention to your forehead and crown chakras. If you are bringing a concern to practice, let it come to awareness now. As you sing **A** again and again, imagine that the vibration and healing power of **A** and white light permeate your body, particularly in places affected by your challenge. Feel the release of any blocks and obscurations in your body, emotions, and mind. As you sing **A** again and again, gradually go deeper and deeper into the space that opens up. Imagine whatever obscures this inner space dissolves, like

THE PRACTICE OF THE FIVE WARRIOR SYLLABLES

snowflakes dissolving into the ocean. Conditions such as separation, isolation, and fear release into the expanse that opens. As they gradually dissipate, you discover space within you like the vast depths of the ocean or the infinite openness of the sky. Recognize the unbounded aspect of your consciousness. Imagine that the white light of **A** radiates in that inner space.

A... A... A...

When you glimpse or feel that sense of unbounded space within you, rest here as a child rests in the arms of a trusted and loving mother. Simply rest in any openness you experience without changing anything. Let it be as it is.

OM

As you draw your attention to the throat chakra, feel the gift of openness here and rest. Now invite the challenging situation into awareness. Become aware of any inner dialog or pain speech that comes with this challenge. As you sing the warrior syllable **OM** again and again, allow the vibration of the sound and red light to radiate and pervade whatever blocks or obscures your sense of openness. Allow the power of **OM** to awaken the light of awareness that discovers this source within. Awareness of the spaciousness of being awakens the creative potential in each moment. Everything is possible in the space of being. Connect with the fullness of this very moment. In this fullness, the obstacles of hope are overcome. You achieve the confidence of infinite possibilities; all positive qualities are ceaselessly present in the awareness of openness. Nothing is lacking; nothing is missing; you are complete in this moment.

OM... OM... OM...

Abide with awareness in the clear space at the throat chakra. Rest in the confidence of ceaseless vitality, aware of the awareness of openness. Recognize this luminosity where all that you experience is nakedly seen like images present in a mirror. Abide—complete, vital, alive—fully present in each moment.

HUNG

Gradually draw your focus to the heart chakra. Feel the gifts of openness and awareness here. Continue to be supported by stillness, silence, and spaciousness as you allow your healing challenge to arise again. As you host this challenge with spaciousness and awareness, reflect upon a quality that you need, such as love, compassion, joy, or equanimity—a quality that supports healing in your life. That quality is within you, born from the union of the openness and awareness that you experience. As you sing **HUNG** again and again, imagine the sound penetrates and dissolves any obstacles to experiencing this quality in

THE PRACTICE OF THE FIVE WARRIOR SYLLABLES

this very moment. Experience the warmth of the positive quality in your heart and throughout your body. The blue healing light of **HUNG** radiates this quality throughout your heart, your entire body, and into the space surrounding you.

HUNG... HUNG... HUNG...

Rest, feeling the warmth of the presence of the quality in your heart. Abide with clear, open attention at the heart chakra.

RAM

Gradually draw your attention to the navel chakra, feeling the gifts of openness, awareness, and the warmth of positive quality here. As you rest your attention here, allow the challenge to come into awareness. Host it in the openness, light, and warmth of being. As you sing the sacred seed syllable **RAM** again and again, feel that whatever quality you have connected with in your heart becomes stronger and matures in you. Any afflictive emotions that may be blocking you as you host your challenge become fuel for the fire of **RAM**, the fire of awareness. **RAM** burns the obstacles and ripens the positive quality within you like heat ripens fruit. As you sing **RAM** again and again, red light radiates in all directions. Imagine and feel the healing quality such as love or joy touches other people in your life including those you may have difficulty with. Feel the red light and the healing quality permeating the challenging situations in your life. Imagine seeing others nourished and benefiting from this quality.

RAM... RAM... RAM...

Rest in the confidence of the spontaneous perfection of this quality. This ripened quality naturally dispels conflicting, negative emotions. Rest in this ripened quality with clear attention at the navel chakra.

DZA

Now draw your attention to the secret chakra. All the gifts of openness, awareness, warmth, and the radiance of positive qualities come with you as you rest your attention here. As you sing **DZA** again and again, imagine and feel the blessings and power of the warrior syllable **DZA** clearing the way for the ripened quality to effortlessly manifest in your life at the right times and in the right circumstances. The green light of **DZA** radiates and clears obstacles to fully expressing your life. Obstacles become opportunities for positive action. **DZA** brings confidence in the spontaneous manifestation of positive qualities in your life.

DZA... DZA... DZA...

THE PRACTICE OF THE FIVE WARRIOR SYLLABLES

Abide with clear, open attention in the secret chakra. Rest in the confidence of effortless, spontaneous action.

Sing the mantra of the five warrior syllables

First, connect successively with each chakra. Connect with openness at the crown, awareness and completeness at the throat, warmth that births the positive quality at the heart, the ripened quality at the navel, and the power of the spontaneous action that benefits others at the secret chakra.

Now, sing each syllable in succession, allowing them to flow one into the other with your out-going breath, flowing as naturally as a moving stream.

A OM HUNG RAM DZA... A OM HUNG RAM DZA... A OM HUNG RAM DZA...

Light radiates from all five chakras as you sing. Feel the blessings of the five syllables radiating throughout your body, energy, and mind. Feel your aspirations for healing are empowered by the sound and vibration of the mantra. Feel the light and the warmth of positive qualities radiates to others in your life and to the circumstances of your life, bringing an ocean of benefit.

At the completion of the mantra repetitions, rest in open awareness as long as the experience is fresh.

Dedicate the merit of your practice with the heartfelt intention:

In liberating my own being, may I benefit others.

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